



Fundamentals of Rhythm and Dances Physical Education 12

LESSON: 4

BASIC STEPS IN 2/4 TIME SIGNATURE

LESSON 3: Basic dance Step in 2/4 time signature

Dance Steps	Dance Pattern
Count: 1,2 = 1 Measure	
Touch step	POINT, CLOSE - Point Right foot (forward, sideward, or backward) (ct.1); close right foot to left foot (ct.2)
Bleking step	- HEEL PLACE, CLOSE - Heel place right foot (forward or sideward) ct.1); close left foot to right foot (ct.2)
Close step	- STEP, CLOSE - Step Right foot (any direction) (ct.1); close Left foot to Right (ct.2).
Cross step	- STEP, CROSS-STEP - Step Right foot (ct.1); cross and step left foot to Right foot (ct.2)
Brush step	- STEP, BRUSH - Step Right foot (any direction) (ct.1); brush Left foot (ct.2)
Hop step	- STEP, HOP - Step right foot (any direction) (ct.2); hop on Right foot (ct.2)
Slide Step	-SLIDE, CLOSE - Slide right foot sideward or forward (ct.1); close Left foot to Right foot (ct.2)

Steps In Time

Jicheng Xie



Steps In Time:

Unveiling the Magic of Words: A Review of "**Steps In Time**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Steps In Time**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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